

Rice Dessert

Makes: 6 Servings

Ingredients

1 cup cooked brown rice (chilled)
1 cup low-fat yogurt (plain or vanilla)
1 cup applesauce
1/4 cup raisins
1 can crushed pineapple in juice (8 ounces)

Directions

1. Put aside 1/4 cup of drained pineapple.
2. Mix all other ingredients together in a medium sized bowl.
3. Serve in small dishes.
4. Top with the remaining crushed pineapple.

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